Jessica Munroe  
Attribution Essay Level 1  
English A4

Internal, external, stable, and unstable attributions are all important and can even reveal your personality. Internal attributions are when you give credit or blame something on yourself. An example of an internal attribution is if you give credit to yourself for studying and passing a test. An external attribution is to blame something on someone else. Another type of attribution is a stable attribution which is when you blame something that you can’t change for an event. An example of this would be saying you passed a test because you’re bright. An unstable attribution is exactly the opposite, when you blame something that doesn’t always happen for success or failure. It is better to give credit to something internal and unstable because it can actually tell a lot about you.

Using stable, unstable, internal, and external attributions can lead to successes and failures. To be successful, a person should be internal and unstable. A successful person gives credit to themselves and makes changes to help them succeed. However, a person can be considered a failure if they think external and stable. A person who thinks external and stable will blame their successes and failures on someone or something else and relies on it to fail or succeed. An external and stable person won’t make changes and therefore will not get better and will not succeed. However, an internal and unstable person will keep making changes to make themselves better and will succeed. It is better to be internal and unstable because it can help you succeed more often.

More people want to teach or employ people who are internal and unstable because they’re more likely to succeed. A person that is internal shows that they don’t blame others for the things that they do. An internal person also recognizes bad choices. An unstable person shows that they make effort to improve when they’ve done something wrong. An unstable person also doesn't rely on others or other things. An internal – unstable attribution shows good qualities in a student or employee and shows that they are positive and more likely to succeed.

External- unstable attributions show bad qualities in a student or employee. An external person will blame others for their failures. An external person also has no pride or hope. A stable person also doesn’t show good traits, because they must rely on something to happen, and doesn’t make changes to become better. A person that has no hope won’t have any perseverance, and will probably give up right away, because they figure there is nothing they can do to fix it. These people won’t have good work ethic or won’t be very good students.

Being an internal- unstable person can affect your life. More people will want to hire these workers, because they are positive and perseverant. If you are always negative about things, then the things you do will probably turn out negative. If you dwell on all of the negative things that you have done, then you can’t improve or do more things. External and stable people won’t persevere and probably won’t succeed, because they are always thinking negatively, and can’t make room for the positive. To be a positive person, you have to think positively. Internal- unstable people are more likely to succeed than external- stable people are.